

BULLETIN



East Bentleigh
Primary School

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Term 2 / Week 7 : 28th May 2020

SCHOOL VISION: East Bentleigh Primary School provides a rich, inviting, child-focused environment ensuring that all students feel safe and stimulated. Our students are able to achieve their full academic, creative and social potential, equipped for the challenges of lifelong learning. Students develop into healthy and confident individuals, actively contributing to the world in which they live.

At East Bentleigh Primary School we are committed to child safety.

Hello everyone,

I hope that this bulletin finds you healthy and happy. I can say with absolute certainty that our Prep - 2 students and their teachers definitely are as they resumed face to face teaching and learning this week.

I am delighted to say that the staggered starts have so far worked very well and parent understanding of our new normal of leaving their children at the gate has been strong despite some understandable misgivings. It has also been gratifying to see parents moving off site quickly to ensure appropriate social distancing amongst the adults. Thank you all for making this work so well.

When planning for the staggered starts we weren't sure how long the drop offs would take, so we gave each year level a 15 minute window, however given our experiences so far we have found that while our preppies do take up almost all of that time understandably, our Year 1 and 2 students certainly don't, so from next Monday 1st June we will be amending our start times for arrival in preparation for the next week when we will welcome our Years 3-6 children back to face to face teaching and learning.

So as of next Monday 1st June, the new start times are as follows:

Prep - 8:45 am - 8:55 am

Years 1 and 2 - 8:55 am - 9:05 am

The staggered start times along with parent cooperation in moving on quickly has also had a wonderful effect on the traffic flow around our school. I can only hope that this continues for all of our sakes.

On visiting classrooms during the week it was so gratifying to see the younger children settling back into their familiar routines.



East Bentleigh Primary School acknowledges Traditional Owners of Country throughout Australia and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures and to Elders both past and present.



It was also great to watch the Year 1's during their play time this morning; the soccer game in particular was wonderful to watch as they enjoyed the space on the oval, although I did tell them to enjoy it while they could as they would be needing to share the space when everyone comes back. I also noticed that despite having 2 built playgrounds to play on, the favourite equipment were the old monkey bars. Some things never go out of fashion I guess.



As we enjoy having our younger students back on site we are looking forward to the day that our senior students join us. In the meantime they are continuing their remote learning programs at home with the support of their parents and teachers. I have seen some fabulous, creative work on Seesaw and can see some budding authors in development particularly in 6A. Isabella and Edie's story was most imaginative and delivered with great expression - maybe some acting is in their futures. Other students have thrown themselves into deep research projects, with Jethro delving into the subject of DNA. What a fabulous learning community we have in our school.

Student Reports

In recognition that schools have adapted revised teaching and learning plans for Term 2, changes have been made to Semester 1 student reporting requirements. This semester written student reports will be sent home in the last week of Term 2. Parent teacher interviews will take place early in Term 3.

Until next time..... Maria Shearn - Principal



CAPTAIN'S CORNER

Riddle of the week

Q. How many letters are there in the English alphabet

A. 18: 3 in 'the', 7 in 'English,' and 8 in 'alphabet.'

By: Samuel

INSIGHTS

Successfully transitioning students back to school



The recent home-schooling experience of Australian students is about to end with most states and territories transitioning kids back to school. For parents, many of whom have discovered just how complex teaching can be, the return to school will be a welcome relief. For children, going back to school may bring a mixed bag of feelings. Eager anticipation about reconnecting with friends and teachers will probably be accompanied by a level of anxiety about what school may be like upon return.

School undoubtedly will be a different experience for students post COVID-19. For a start they've just experienced a prolonged period of remote learning and an absence from their friends, which will take time to process when they return to school.

With organised extra-curricular activities put on hold most children have had a great deal of free time, which has placed the locus of control firmly in their hands. I suspect many kids will grieve their lack of freedom, as they've had a glorious glimpse of what an unstructured life is like. It may take some time for them to get back into the swing of school life.

With the return to school imminent here are some sensible strategies to make adjustment easier for students.

Get ready for a return

Worriers and anxious types in particular like to know what's ahead so your approach will make a difference. Prepare your child for a return by discussing the safety procedures the school will be implementing. Let young children know that an adult won't be accompanying them past the school gate. Ask your child what they are looking forward to and check in with how they are feeling about a return. Validate any fears and apprehensions and correct any misconceptions.

Go slowly

This period will mirror the start of the school year when your child had to adjust to new teachers, different classmates and a new year level. Adjusting to change takes a great deal of personal energy, so your child or young person may become tired, grumpy, even moody at home. Make allowances for these personal changes and make sure they have plenty of free time to unwind after school.

Focus on reconnection

Make reconnection the theme for your child's return to school. He or she will have to reconnect with friends, teachers and learning, which takes time. In all likelihood, your child's teachers will use many strategies to help your child connect with their friends, reflect on their time at home and move them back into full-time learning mode. Support these activities and keep your learning expectations for your child in check.

It may take the rest of the term for some children to adjust to their life back at school.

parenting*ideas

Stay calm

Anxiety is very contagious, so it's easy for us as parents to take on our children's worries and fears. The reverse is true, and kids can pick up our worries, taking them on as their own. As a buffer against anxiety ensure you do something each day that brings you some joy, whether it's listening to music, going for a walk or having a coffee with a friend.

Look after yourself

In recent months parents and teachers have been doing significant emotional labour. The learning and adjustment curves have been massive, with little time to relax and take a break. Consider your own emotional resources and make your wellbeing a priority, which will make it easier for you to stay calm if your child experiences difficulties.

Communicate confidence

It's a fine line that many parents walk between being flippant ('you'll be right') and showing confidence ('you'll do okay') when kids struggle to adjust to change. My research into childhood anxiety reveals that children and young people want parents and teachers to understand their fears and anxieties, and to coach them to negotiate difficulties including adjusting to change. You can support your child through sharing stories of resilience, focusing on the positives and letting them know that will eventually adjust.

The COVID-19 pandemic has thrown up many difficulties requiring us all to quickly adapt to new situations. Flexibility is a prime characteristic of resilient people, so if nothing else, getting through these challenging times will make us all more resilient.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.